

WHAT IS CLAIMED IS:

1. A method of reducing the frequency of industrial accidents comprising the steps of:
determining the mental state of an individual at the time of an accident or close call;
classifying the cause of the accident as being due to the individual being in one of four hazardous mental states;
identifying the state-to-error risk pattern; and
teaching the individual to effect critical error reduction techniques, to avoid future occurrences of accidents.
2. The method of claim 1, wherein said step of teaching comprises a step selected from the group consisting of:
teaching the individual to "self trigger" on entering a hazardous state before making the error again in the future;
teaching the individual to analyse close calls and small errors, learning from them, to reduce the likelihood of major accidents occurring;
teaching the individual to observing others for patterns which increase risk; or
teaching the individual to work on improving their good habits.
3. The method of claim 1, wherein said step of classifying comprises a step selected from the group consisting of:
classifying the individual to be a mental state of "rushing";
classifying the individual to be a mental state of "frustration";
classifying the individual to be a mental state of "fatigue"; or
classifying the individual to be a mental state of "complacency".
4. The method of claim 1, wherein said step of identifying comprises a step selected from the group consisting of:
identifying a critical behaviour of "eyes not on task";
identifying a critical behaviour of "mind not on task";
identifying a critical behaviour of "(moving into or being in) the line-of-fire"; or
identifying a critical behaviour of "somehow losing your balance, traction or grip".

5. The method of claim 1, further comprising the step of:
teaching the individual to perform the analysis of claim 1 when they have smaller incidents.
6. The method of claim 1, further comprising the step of:
instructing the individual to look for state-to-error risk patterns in the actions of others.
7. A form for use in accident investigation comprising:
a first field for entering a description of an accident;
text identifying the four possible mental states of an individual involved in said accident;
a second field for identifying the mental state of said individual;
text identifying the four state-to-error risk patterns; and
a third field for identifying the state-to-error risk pattern which resulted in the incident occurring; and
text identifying critical error reduction techniques which might reduce the likelihood of the incident occurring again.
8. A method of training individuals to avoid accidents, comprising the steps of:
teaching said individual to:
determine their own mental state at the time of an accident or close call;
classify the cause of said accident as their being in one of four hazardous mental states;
identify the state-to-error risk pattern which caused said accident; and
effect critical error reduction techniques, to avoid future occurrences of accidents.